

NATURE'S GREAT DISINFECTANT.

Let the Sunlight Reach Every Corner of the House and Destroy the Germs.

Nature's great disinfectant is sunlight. It is a most interesting fact that this wonderful light, which promotes the growth of useful plants and sustains animal life, at the same time destroys by its very brightness all sorts of germs which are brought in contact with it. It is this fact alone which renders the earth inhabitable. Germs develop with such marvelous rapidity that they would quickly overwhelm us by their very numbers if not constantly destroyed by the sun. A little computation will readily show this. Some germs are capable of such rapid multiplication that they may double every fifteen minutes under favorable conditions of temperature and food supply. Estimate the number of germs which might be produced in a single day of twenty-four hours, or ninety-six doublings. The number would be more than thirty-two thousand billion billions, or sufficient to cover eighty thousand square miles a foot deep, or fill a space of more than fifteen cubic miles. The increase of a minute organism occupying a cubic space of not more than one twenty-thousandth of an inch to such prodigious magnitude is beyond comprehension, and practically cannot occur; for while the germ may grow at this immense rapidity for a short time, the poisons which it produces become destructive to itself. The material upon which it feeds is also exhausted, so that its growth ceases.

Doubtless all have noticed the fact that mold grows during the night and in dark, damp cellars. Bright sunlight quickly destroys germs, mold, and other parasitic organisms. Diffused daylight does not act nearly so rapidly, but accomplishes in the course of a few hours what bright sunlight is capable of doing in a few minutes. It is clearly evident, then, that in order that our houses should be kept free from germs, they, like our bodies, should be made full of life. The shutters should be opened, the curtains raised, and the light admitted to every room in the house, closets included, so that the disinfecting power of light may be exercised in every nook and corner of the dwelling.

Occupation and Tuberculosis.

The influence of occupation as a cause of consumption is shown by Dr. J. M. French in the Medical Examiner.

At least four classes of employments have a tendency to favor the development of tuberculosis. They are:

1. Sedentary employments in ill-ventilated apartments, involving confinement in impure air, and other unwholesome conditions. This class of occupations is typified by the so-called sweat-shops for the manufacture of various articles of clothing.
2. Employments which necessitate the inhalation of irritating dust and noxious vapors. Such are those of stone-cutters, bleachers, matchmakers, file-cutters, grinders, engravers, etc.
3. Employments which involve the overuse or abuse of certain muscles. These are athletes, prize fighters, gymnasts, wrestlers, professional bicycle riders, ball players, etc., a large proportion of whom die eventually of phthisis.
4. Employments which involve undue familiarity with intoxicants. These are those connected with manufacture and sale of wine, beer and the various classes of alcoholic. Tatham's tables show that, taking the average mortality from consumption as one hundred and forty, of brewers one hundred and forty-eight and of bartenders two hundred and fifty-seven.

Overcoming Hereditary Tuberculosis. Much is being said nowadays respecting the out-of-door treatment of tuberculosis, a disease which, while rarely directly transmissible by heredity, is one of the predisposition to which is in the highest degree hereditary. It has been clearly shown by numerous experiments in various parts of the United States that out-of-door life with regular hygienic habits, irrespective of altitude or special climatic advantages, is capable of so aiding the natural powers of the body as to effect a cure of this formidable malady without the use of drugs of any sort.

Tuberculosis is a disease of civilization. It scarcely exists among savages who live in the primitive state, but quickly appears among such people when the habits of civilization are adopted, especially the indoor life. The South American monkey and the North American Indian alike fall victims to this disease when shut away from the sunlight and active exercise out of doors.

The time is not far distant when every large city will find it necessary to provide conveniences for the application of this simple curative measure, not only for the purpose of rescuing the victims of pulmonary tuberculosis from the certain fate which awaits them, but as an essential measure for protecting the public health.

Health Observations Abroad.

One of the most pitiful sights in England is to see young women acting as barmaids in the public drinking places, and to see women elbowing their way to the bar and then stand there, shoulder to shoulder with

a crowd of coarse, half-drunken men, and with them partake freely of intoxicating liquor. Unfortunately, this painful sight is not at all rare, and it is quite common to see drunken women reeling about in the streets. What a sad commentary on our modern civilization.

In Copenhagen it is the custom to dress young schoolgirls so that their arms are almost or entirely bare, even in weather when Americans appreciate their overcoats. This practice necessarily chills the blood, and tends to produce congestion of the internal organs, and undoubtedly lays the foundation for colds, pneumonia and tuberculosis.

Tuberculosis is making sad havoc among the urban population of Norway. It is pitiful to note how this plague is decimating this once hardy race. Sedentary life, indoor confinement and defective ventilation are undoubtedly the most prolific causes, for fifty per cent of the tubercular cases make a satisfactory recovery when they are sent to some outdoor sanatorium; and what will cure a consumptive would certainly have prevented the onset of the disease.

The liquor curse is undermining the physical stamina of the Swedish race. Liquor drinking among the working classes is almost universal. One-third of their population die before the age of twenty-one, and one-fourth of those who live, are rejected from military service on account of physical disqualifications.

An American Puzzle.

Dr. Lorenz, of bloodless surgery fame, cannot understand how Americans enjoy fair health on a diet that would depopulate any other country.

"The pies, puddings, sauces and innumerable other dishes, most of which are unhealthful in the extreme, partaken of by young and old alike in America, have caused me to wonder," says Dr. Lorenz, "that the people are not dead of physical and constitutional wrecks."

The secret is to be found in the simple, hardy lives of the forefathers of the present generation. Their vigorous health has bestowed upon the grandchildren wonderful constitutional vigor. But the change from the simple to the luxurious is working havoc. The rising generation have squandered the constitutional capital bequeathed to them and are rapidly becoming physical bankrupts. A halt must be called and the simple habits resumed or the prophecy of Dr. Lorenz will surely be realized.

BREAKFAST BREADS.

Corn Puffs.—Beat together two and one-half cups of unskimmed milk and the yolks of two eggs, until thoroughly blended. Add two cups of best granulated corn meal. Beat the batter thoroughly; stir in lightly the whites of the eggs, beaten to a stiff froth; turn into heated irons, and bake.

Corn Dodgers.—Scald one cupful of best granulated corn meal, into which a tablespoon of sugar has been sifted, with one cup of boiling milk. Beat until smooth, and drop on a griddle, in cakes about one inch in thickness, and bake slowly for an hour. Turn when brown. If preferred, the baking may be finished in the oven after the first turning.

Hominy Gems.—Beat one egg until very light, add to it one tablespoonful of thick sweet cream, a little salt, if desired, and two cups of cooked hominy (fine). Thin the mixture with one cupful or less of boiling water until it will form easily, beat well, and bake in heated irons.

Sally Lunn Gems.—Beat together the yolk of one egg, two tablespoonfuls of sugar, and one cupful of thin, ice-cold, sweet cream. Add slowly, beating at the same time, one cup and two tablespoonfuls of sifted Graham flour. Beat vigorously, until full of air bubbles, add the white of the egg beaten stiffly, and bake in heated irons.

Cream Corn Cakes.—Into one cup of thin cream stir one and one-half cups of granular corn meal, or enough to make a stiff batter; add one-third of a teaspoonful of salt; beat well, drop into heated irons, and bake.

Cream Graham Rolls.—To one-half cup of cold cream add one-half cup of soft ice water. Make into a dough with three cups of Graham flour, sprinkling in slowly with the hands, beating at the same time, so as to incorporate as much air as possible until the dough is too stiff to be stirred; then knead thoroughly, form into rolls and bake.

Hoecake.—Scald one pint of white corn meal, with which, if desired, a tablespoonful of sugar and one-half teaspoonful of salt have been mixed with boiling milk, or water enough to make a batter sufficiently thick not to spread. Drop on a hot griddle, in large or small cakes as preferred about one-half inch in thickness. Cook slowly, and when well browned on the underside, turn over. The cake may be cooked slowly until well done throughout, or, as the portion underneath becomes well browned, the first brown crust may be peeled off with a knife, and the cake again turned. As rapidly as a crust becomes formed and browned, one may be removed, and the cake turned, until the whole is browned. The thin wafer-like crusts are excellent served with hot milk or cream.

Complete List of Bills Passed by the Recent Session of the Legislature.

(Continued From Last Week.)

House roll No. 175, by Howe of Nebraska, to make it obligatory upon county boards to provide for the maintenance of county agricultural societies. Approved April 1.

House roll No. 223, by Perry of Furnas, to provide for the conveyance of the interest of an insane husband or wife in the lands of his or her spouse, by means of a guardian to be appointed by the district court upon application and proper showing. Approved April 1.

House roll No. 241, by the finance ways and means committee, to allow the state printing board, in emergency, to purchase supplies to cost not exceeding \$100, on the requisition of the officer requiring them, of the best and lowest bidder, in addition to the supplies procured under the annual contract. Emergency clause. Approved April 1.

House roll No. 359, by Barto of Valley, to provide that no person can be compelled to pay for a newspaper, magazine or other publication mailed him if he has not subscribed, or after his subscription has expired, or if he has not received the same. Approved April 1.

House roll No. 364, by Voter of Cedar, to amend the code of civil procedure, to require that a mortgagee of real estate when there is no money to redeem existing mortgages due or about to become due. Approved April 1.

House roll No. 271, by the insurance committee, to amend the laws relating to foreign insurance associations or companies to transact the business of accident or sickness or accident and sickness insurance, and to require that each \$100 of benefits in case of death from natural causes.

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perfect their title according to the terms and provisions of the laws of the state.

House roll No. 283, by McAllister of Deuel, to provide that any water user's right in water shall be determined by the laws of the state under which law then in force they obtained said contracts for water.

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of appointment to office, ornamental picture, articles of jewelry or stationery.

House roll No. 285, by Dodge of Douglas, to provide for the proportionate distribution of all funds heretofore paid into the treasury of any county for the maintenance of free high schools for non-resident pupils among the schools which have maintained such high schools. Emergency clause.

House roll No. 421, by Marks of Fillmore, to transfer from the board and clothing fund of the Girls' Industrial school at Geneva the sum of \$800 into a fund for furniture and repairs. Emergency clause.

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"MY WIFE'S PEOPLE COMING."

"We have had a splendid winter" in Western Canada.

Canada's harsh this year is wonderfully great and considerably ahead of any previous year. It is always interesting to those who contemplate moving to read expressions of opinion from those living in the country. It is therefore our pleasure to reproduce the following, written to an Agent of the Immigration Branch of the Department of the Interior at Ottawa:

Birch Hills, Sask., Canada, Feb. 1, '05.
Dear Sir:—I take pleasure in dropping you a few lines to let you know how we are getting along up here and how we like the place. We have been here close on to a year now and think the place is fine. We have been out every day this winter working in the bush getting out logs for buildings, etc., getting rails for fencing. We have not suffered with the cold as much as we did in Chicago. My little boys are out every day with their sleighs having a good time. The lowest temperature has been this winter is 34 below, and it is very still, no wind.

We had a splendid summer. We put up about 50 tons of hay and will have about 30 tons to sell. Hay brings \$8 per ton now and will be higher in the spring. We have 20 acres broke and ready for crop. We worked on the Can. Nor. Ry. for awhile this summer and am just 3 miles from the R. R. and town site. The steel is all laid to within 2 miles of the river and we often see the train bringing supplies for the bridge.

My wife's people are coming up about May. I wish you would write them and if there should be any one coming to Prince Albert that could do with a half a car let them know. The homesteads are all taken up within 12 miles of us. I often think if this land were only in the States what a rush there would be. It is the richest land and most productive I ever saw, and the climate is O. K.

I know that people back there that I write to do not believe me when I write them what a splendid winter we are having. They think we are all frozen up. We have only about 8 inches of snow, and there are cattle on the range that have not been rounded up this winter. Day after day the thermometer rises up to 50 and 60, and I don't believe we have had a day this winter that it stayed at zero. My wife says that we used to think that zero was cold in Chicago. But we don't mind it one bit. Christmas night we went out and drove 5 miles with our 3 little boys, it was 20 below, and there was not a whisper from any one of them; I'd hate to do it in old Chicago.

Well, I guess I will close, and you can tell any one in the U. S. that they cannot do better than come to the Prince Albert District. I remain, Yours truly,

(Signed) J. D. Head.

Show mercy to the oppressed as you hope to have it extended to you.

Many Children Are Sickly. Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, Cure Feverishness, Headache, Stomach Troubles, Teething Disorders, Breakup Colds and Destroy Worms. Address Allen S. Olmsted, Le Roy, N. Y.

Normal Death Without Pain. Normal death, if the phrase be permitted, is a painless occurrence, usually preceded by gradual loss of consciousness entailing no more suffering than going to sleep. It is not merely that the pain of death is trifling as compared with the physical pain of a scald—it is non-existent.—Dr. Saleeby, in the Academy.

Deafness Cannot Be Cured

By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed, the sound vibrations are intercepted, and no sound is heard. It is the result, and unless the inflammation can be removed, the hearing will be destroyed forever. It is not a disease, but a condition of the ear, and it can be cured. We will give one hundred dollars for any case of deafness cured by our method. Write for particulars. F. J. CHENEY & CO., Toledo, O.

Sold by Druggists. Beware of cheap imitations. Take Hall's Family Pills for constipation.

Properties of Crystals.

Although minerals are not credited with principles of growth and living, yet they do possess most interesting structural, physical and chemical properties. If a crystal be broken or mutilated in any way whatever, it possesses the power of repairing its injuries during subsequent growth. This capacity for healing, as well as enlargement has been pointed out by many scientific authors, and is beyond the power possessed by plants.

Quality Brings the Business.

Seven million (7,000,000) Lewis' "Single Binder" straight 5c cigar now sold annually. Made of extra quality tobacco. Many who formerly smoked 10c cigars are now smoking Lewis' Single Binder. Lewis' Factory, Peoria, Ill.

Treatment of Dog Bites.

Dog bites should, in every case, be first of all thoroughly cleansed in hot water, the bleeding being encouraged. Afterwards cauterize the raw surface with lunar caustic, or carbolic acid. Then dress the wound with carbolic zinc ointment.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of

In Use For Over 30 Years. The Kind You Have Always Bought.

It takes some people a long time to find out that which is wrong on Sunday cannot be right on Monday.